



**University of Fort Hare**  
*Together in Excellence*

HUS - 223

**Examination Supplementary Exam Paper**

**November 2018**

**TIME: 3 HRS**

**SUBJECT: HUMAN MOVEMENT SCIENCE**

**MARKS: 100**

**PAPER: Nutrition and Sport Injuries**

**INTERNAL EXAMINERS**

**MR. LK. Ndaba**

**Prof. M. van Gent**

**INSTRUCTIONS:**

**Answer All Questions**

Question 1

- (a) Discuss following as well the energy pathways role played by protein in injury prevention for sprinters who are preparing for the 2013 Yellow Pages competition in October. Put your focus on lower leg injuries. (10 marks)
- (b) Discuss energy pathways used to break down Carbohydrates and state the role of this nutrient when preparing Tri-Athletes for Isuzu Iron Man with the procedures you would use when manipulating their nutrition. (10 marks)

[20 MARKS]

Question 2

- (a) Discuss principles of injury prevention (10 marks)
- (b) Discuss principles of injury rehabilitation (10 marks)

[20 MARKS]

Question 3

Vitamins and minerals play a very important role development and proper functioning of the human body to prevent any deficiencies. Discuss this topic following 2 types of vitamins and 2 types of minerals.

[20 MARKS]

Question 4

Fats are known to be utilizing greater amount of oxygen state reasons for this statement and support your answers using the energy pathways.

[20 MARKS]

Questions 5

Choose the sporting code of your choice and discuss how would you manipulate nutrition for an athlete who has iron deficiency and justify your choices.

[20 MARKS]

**TOTAL**

**100 MARKS**